† Tenebræ †

Matins and Lauds

Good Friday

Pater, in manus tuas commendo spíritum meum.
Father, into your hands I commend my spirit.

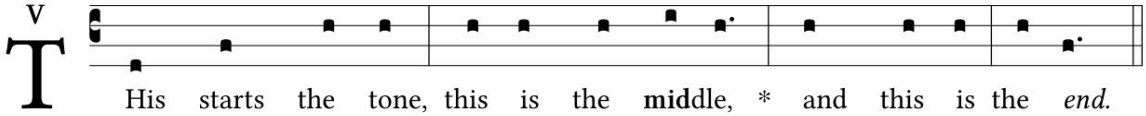
† Opening Prayer †

make the Sign of the Cross on your lips

Lord, open my lips. *And my mouth shall proclaim your praise.*

† Invitatory Psalm †

Mode



Psalm 95

A call to praise God

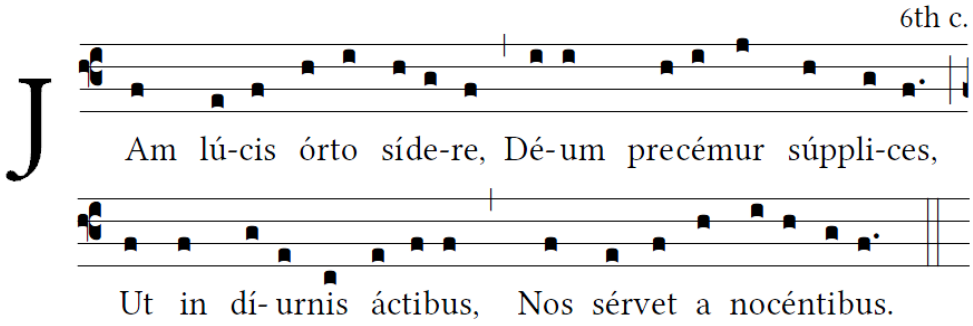
Encourage each other daily while it is still today (Hebrews 3:13)

Cantor	Come, let us worship Christ, the Son of God, who redeemed us with his *blood.*
East Choir	Come, let us ring out our joy to **the** LORD; * hail the rock who saves *us.* Let us come into his presence, gi**ving** thanks; * let us hail him with a song of *praise.* Come, let us worship Christ, the Son of God, who redeemed us with his *blood.*
West Choir	A mighty God is **the** LORD, * a great king above all *gods.* In his hands are the depths of **the** earth; * the heights of the mountains are *his.* To him belongs the sea, for he **made** it, * and the dry land that he shaped by his *hands.* Come, let us worship Christ, the Son of God, who redeemed us with his *blood.*
East Choir	O come; let us bow and **bend** low. * Let us kneel before the God who made *us,* for he is our God **and** we * the people who belong to his pasture, the flock that is led by his *hand.* Come, let us worship Christ, the Son of God, who redeemed us with his *blood.*

West Choir	O that today you would listen to **his** voice! * "Harden not your hearts as at Meri*bah,* as on that day at Massah in the **de**sert * when your forebears put me to the test; when they tried me, though they saw my *work.* Come, let us worship Christ, the Son of God, who redeemed us with his *blood.*
East Choir	For forty years I wearied of that gener**a**tion, * and I said, 'Their hearts are as*tray;* this people does not know **my** ways.' * Then I took an oath in my anger, 'Never shall they enter my *rest.*'"
Full Choir *profound bow*	Glory be to the Father and to the Son and to the Holy Spirit. * As it was in the beginning is now, and every shall be world without end. Amen.
Full Choir	Come, let us worship Christ, the Son of God, who redeemed us with his *blood.*

† Hymn †

Jam lúcis orto sídere



Now in the sun's new dawning ray, Lowly of heart our God we pray,

That He from harm may keep us free, In all the deeds this day shall see.

Linguam refrenans témperet, ne litis horror insonet, visum fovendo contegat, ne vanitates hauriat. Sint pura cordis intima, absistat et vecordia: carnis terat superbiam, potus cibique parcitas. Ut cum dies abscesserit, noctemque sors reduxerit, mundi per abstinentiam, ipsi canamus gloriam. Deo Patri sit gloria, eiusque soli Filio, cum Spiritu Paraclito, nunc et per omne saeculum. Amen.	*May fear of Him our tongues restrain, Lest strife unguarded speech should stain: His fav'ring care our guardian be, Lest our eyes feed on vanity.* *May ev'ry heart be pure from sin, And folly find no place therein: Scant need of food, excess denied, Wear down in us the body's pride* *That when the light of day is gone, And night in course shall follow on, We, free from cares the world affords, May chant the praises of our Lord's.* *All laud to God the Father be, All praise, Eternal Son, to Thee; All glory, as is ever meet, To God the Holy Paraclete.* *Amen.*

✝ Matins Psalmody ✝

Psalm 2

Cantor	Earthly kings rise up, in **re**volt; * princes conspire together against the Lord and his Anoint*ed.*
East Choir	Why do the nations **con**spire, * and the peoples plot in *vain?* They arise, the kings of **the** earth; * princes plot against the LORD and his Anoint*ed.* "Let us burst asunder their **fet**ters. * Let us cast off from us their *chains."* Earthly kings rise up, in **re**volt; * princes conspire together against the Lord and his Anoint*ed.*
West Choir	He who sits in the hea**vens** laughs; * the LORD derides and mocks *them.* Then he will speak in his **an**ger, * his rage will strike them with ter*ror.* "It is I who have appointed **my** king * on Sion, my holy moun*tain."* Earthly kings rise up, in **re**volt; * princes conspire together against the Lord and his Anoint*ed.*
East Choir	I will announce the decree of **the** LORD: * The LORD said to me, "You are my Son. It is I who have begotten you this *day.* Earthly kings rise up, in **re**volt; * princes conspire together against the Lord and his Anoint*ed.*
West Choir	Ask of me and I will **give** you * the nations as your inheritance, and the ends of the earth as your possess*ion.* With a rod of iron you will **rule** them; * like a potter's jar you will shatter *them."* Earthly kings rise up, in **re**volt; * princes conspire together against the Lord and his Anoint*ed.*
East Choir	So now, O kings, un**der**stand; * take warning, rulers of the *earth.* Serve the LORD **with** fear; * exult with trembling, pay him your hom*age,* lest he be angry and you perish on **the** way, * for suddenly his anger will *blaze.* Earthly kings rise up, in **re**volt; * princes conspire together against the Lord and his Anoint*ed.*
West Choir	Blessed are all who trust in *God!*
Full Choir *profound bow*	Glory be to the Father and to the Son and to the Holy **Spi**rit. * As it was in the beginning is now, and every shall be world without end. A*men.*

Full Choir	Earthly kings rise up, in **re**volt; * princes conspire together against the Lord and his Anoin*ted.*

Psalm 22:2-23

Cantor	They divided my garments a**mong** them; * they cast lots for my clo*thing.*
East Choir	My God, my God, why have you forsa**ken** me? * Why are you far from saving me, so far from my words of an*guish?* O my God, I call by day and you do not **an**swer; * I call by night and I find no re*prieve.* They divided my garments a**mong** them; * they cast lots for my clo*thing.*
West Choir	Yet you, O God, are **ho**ly, * enthroned on the praises of Isra*el.* In you our forebears put **their** trust; * they trusted and you set them *free.* When they cried to you, they **es**caped; * in you they trusted and were not put to *shame.* They divided my garments a**mong** them; * they cast lots for my clo*thing.*
East Choir	But I am a worm and **no** man, * scorned by everyone, despised by the peo*ple.* All who see me de**ride** me; * they curl their lips, they toss their *heads:* "He trusted in the LORD, let him **save** him; * let him release him, for in him he de*lights."* They divided my garments a**mong** them; * they cast lots for my clo*thing.*
West Choir	Yes, it was you who took me from **the** womb, * entrusted me to my mother's *breast.* To you I was committed **from** birth; * from my mother's womb, you have been my *God.* Stay not far **from** me; * trouble is near, and there is no one to *help.* They divided my garments a**mong** them; * they cast lots for my clo*thing.*
East Choir	Many bulls have surroun**ded** me, * fierce bulls of Bashan close me *in.* Against me they open wide **their** mouths, * like a lion, rending and roa*ring.* They divided my garments a**mong** them; * they cast lots for my clo*thing.*
West Choir	Like water I am **poured** out, * disjointed are all my *bones.*

	My heart has become **like** wax, * it is melted within my *breast.* They divided my garments a**mong** them; * they cast lots for my clo*thing.*
East Choir	Parched as burnt clay is **my** throat, * my tongue cleaves to my *jaws.* You lay me in the dust **of** death. * For dogs have surrounded *me;* a band of the wicked be**sets** me. * They tear holes in my hands and my *feet;* They divided my garments a**mong** them; * they cast lots for my clo*thing.*
West Choir	I can count every one of **my** bones. * They stare at me and *gloat.* They divide my clothing a**mong** them, * they cast lots for my *robe.*
East Choir	But you, O LORD, do not stay a**far** off; * my strength, make haste to help *me!* Rescue my soul from **the** sword, * my life from the grip of the *dog.* Save my life from the jaws of the **li**on, * my poor soul from the horns of wild *bulls.* They divided my garments a**mong** them; * they cast lots for my clo*thing.*
West Choir	I will tell of your name to **my** kin, * and praise you in the midst of the assem*bly.*
Full Choir *profound bow*	Glory be to the Father and to the Son and to the Holy **Spi**rit. * As it was in the beginning is now, and every shall be world without end. A*men.*
Full Choir	They divided my garments a**mong** them; * they cast lots for my clo*thing.*

Psalm 38

Cantor	They sought to take my life by vio*lence.*
East Choir	O LORD, do not rebuke me in your **an**ger; * reprove me not in your *rage.* For your arrows have sunk deep **in** me; * your hand has come down upon *me.* They sought to take my life by vio*lence.*
West Choir	There is no soundness in **my** flesh * because of your an*ger:* there is no health in **my** limbs * because of my *sin.* They sought to take my life by vio*lence.*

East Choir	My guilt towers higher than **my** head; * it is a weight too heavy to *bear.* My wounds are foul and fes**ter**ing, * the result of my own fol*ly.* I am bowed and brought to **my** knees. * I go mourning all the day *long.* They sought to take my life by vio*lence.*
West Choir	All my frame is burning with **fe**ver; * there is no soundness in my *flesh.* I am spent and utter**ly** crushed, * I cry aloud in anguish of *heart.* They sought to take my life by vio*lence.*
East Choir	O LORD, all my longing lies be**fore** you; * my groans are not hidden from *you.* My heart throbs, my strength **is** spent; * the very light has gone from my *eyes.* They sought to take my life by vio*lence.*
West Choir	Friends and companions stand aloof from **my** pain; * those closest to me stand afar *off.* Those who plot against my life **lay** snares; * those who seek my ruin speak of harm, planning treachery all the day *long.* They sought to take my life by vio*lence.*
East Choir	But I, like someone deaf, do **not** hear; * like someone mute, I do not open my *mouth.* I am like one who hears **no**thing, * in whose mouth is no de*fense.* They sought to take my life by vio*lence.*
West Choir	But in you, O LORD, **I** hope; * it is you, LORD my God, who will an*swer.* I pray, "Let them not gloat o**ver** me, * exult if my foot should *slip."* They sought to take my life by vio*lence.*
East Choir	For I am on the point of **fal**ling, * and my pain is always with *me.* I confess that I am **guil**ty; * and I am grieved because of my *sin.* They sought to take my life by vio*lence.*
West Choir	My wanton enemies live on and **grow** strong, * and many are my lying *foes.* They repay me evil **for** good, * and attack me for seeking what is *good.* They sought to take my life by vio*lence.*
East Choir	Forsake me not, **O** LORD! * My God, be not far from *me!*

	Make haste and come to **my** help, * my LORD and my salva*tion!*
Full Choir *profound bow*	Glory be to the Father and to the Son and to the Holy **Spi**rit. * As it was in the beginning is now, and every shall be world without end. A*men.*
Full Choir	They sought to take my life by vio*lence.*

† Matins Verse †

Full Choir
They brought false evidence a**gainst** me. *
They were breathing out fu*ry.*

† Matins Readings †

From the letter to the Hebrews (9:11-28)

By the shedding of his own blood, Christ, the high priest, entered the sanctuary once and for all

When Christ came as high priest of the good things which have come to be, he entered once for all into the sanctuary, passing through the greater and more perfect tabernacle not made by hands, that is, not belonging to this creation. He entered, not with the blood of goats and calves, but with his own blood, and achieved eternal redemption.

For if the blood of goats and bulls and the sprinkling of a heifer's ashes can sanctify those who are defiled so that their flesh is cleansed, how much more will the blood of Christ, who through the eternal spirit offer himself up unblemished to God, cleanse our consciences from dead works to worship the living God!

This is why he is mediator of a new covenant: since his death has taken place for deliverance from transgressions committed under the first covenant, those who are called may receive the promised eternal inheritance. Where there is a testament, it is necessary that the death of the testator be confirmed. For a testament comes into force only in the case of death; it has no force while the testator is alive. Hence, not even the first covenant was inaugurated without blood.

When Moses had read all the commandments of the law to the people, he took the blood of goats and calves, together with water and crimson wool and hyssop, and sprinkled the book and all the people, saying, "This is the blood of the covenant which God has enjoined upon you." He also sprinkled the tabernacle and all the vessels of worship with blood. According to the law almost everything is purified by blood, and without the shedding of blood there is no forgiveness.

It was necessary that the copies of the heavenly models be purified in this way, but the heavenly realities themselves called for better sacrifices. For Christ did not enter into a sanctuary made by hands, a mere copy of the true one; he entered heaven itself that he might appear before God now on our behalf. Not that he might offer himself there again and again, as the high priest enters year after year into the sanctuary with blood that is not his own; if that were so, he would have had to suffer death over and over from the creation of the world. But now he has appeared at the end of the ages to take away sins once for all by his sacrifice. Just as it is appointed that men die once, and after death be judged, so Christ was offered up once to take away the sins of many; he will appear a second time not to take away sin but to bring salvation to those who eagerly await him.

Responsory

(see Isaiah 53:7,12)

Cantor	He was led like a lamb to the slaughter; no complaint from his lips against the evil done to him. He was given up to death,
Full Choir	-to give his people life.
Cantor	He surrendered himself to death and was counted among the wicked.
Full Choir	-To give his people life.

From the Catecheses by Saint John Chrysostom, bishop

The power of Christ's blood

If we wish to understand the power of Christ's blood, we should go back to the ancient account of its prefiguration in Egypt. *Sacrifice a lamb without blemish,* commanded Moses, *and sprinkle its blood on your doors.* If we were to ask him what he meant, and how the blood of an irrational beast could possibly save men endowed with reason, his answer would be that the saving power lies not in the blood itself, but in the fact that it is a sign of the Lord's blood. In those days, when the destroying angel saw the blood on the doors he did not dare to enter, so how much less will the devil approach now when he sees, not that figurative blood on the doors, but the true blood on the lips of believers, the doors of the temple of Christ.

If you desire further proof of the power of this blood, remember where it came from, how it ran down from the cross, flowing from the Master's side. The gospel records that when Christ was dead, but still hung on the cross, a soldier came and pierced his side with a lance and immediately there poured out water and blood. Now the water was a symbol of baptism and the blood, of the holy eucharist. The soldier pierced the Lord's side, he breached the wall of the sacred temple, and I have found the treasure and made it my own. So also with the lamb: the Jews sacrificed the victim and I have been saved by it.

There flowed from his side water and blood. Beloved, do not pass over this mystery without thought; it has yet another hidden meaning, which I will explain to you. I said that water and blood symbolized baptism and the holy eucharist. From thses two sacraments the Church is born: from baptism, *the cleansing water that gives rebirth and renewal through the Holy Spirit,* and from the holy eucharist. Since the symbols of baptism and the eucharist flowed from his side, it was from his side that Christ fashioned the Church, as he had fashioned Eve from the side of Adam. Moses gives a hint of this when he tells the story of the first man and makes himself exclaim: *Bone from my bones and flesh from my flesh!* As God then took a rib from Adam's side to fashion a woman, so Christ has given us blood and water from his side to fashion the Church. God took the rib when Adam was in a deep sleep, and in the same way Christ gave us the blood and the water after his own death.

Do you understand, then, how Christ has united his bride to himself and what food he gives us all to eat? By one and the same food we are both brought into being and nourished. As a woman nourishes her child with her own blood and milk, so does Christ unceasingly nourish with his own blood those to whom he himself has given life.

Repsonsory

(1 Peter 1:18-19, Ephesians 2:18, 1 John 1:7)

Cantor	The price of your redemption was not something of fleeting value like gold or silver, but the costly shedding of the blood of Christ, the lamb without blemish.
Full Choir	-Through him, in the one Spirit, we can approach the Father.
Cantor	The blood of Jesus Christ washes away all our sins.
Full Choir	-Through him, in the one Spirit, we can approach the Father.